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Helping Candida, By The Book

*Candida Relief, By Following The Recovery
Plan For Long-Term Health*

**Edition
3.01**

Helping Candida, By The Book

*Candida Relief, By Following The Recovery
Plan For Long-Term Health*

By Robert Redfern

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About the author

Robert Redfern – Your Personal Health Coach



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments, and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 74, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.



ROBERT REDFERN – YOUR PERSONAL HEALTH COACH
tells you everything you need to know about:

Helping Candida, By The Book & The Recovery Plan



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NATURALLY HEALTHY PUBLICATIONS

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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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YOUR ACTION PLAN FOR CANDIDA RELIEF

| TODAY | ACTION | SIGNED | DATE |
|---------------|--|--------|------|
| I Committed | To regaining and maintaining my health for the rest of my life | | |
| I Committed | To drinking 8-10 glasses of water a day | | |
| I Committed | To getting out in the sun for 20 minutes a day (except when contraindicated) | | |
| I Read | Robert's <i>Helping Candida, By The Book</i> book | | |
| I Ordered | The necessary supplements to facilitate my plan and my healing | | |
| I Planned | My Daily Menu with ReallyHealthyFoods.com | | |
| I Started | My breathing exercises | | |
| I Started | Massaging the acupressure points | | |
| I Reread | Robert's <i>Helping Candida, By The Book</i> book | | |
| I Reviewed | The necessary supplements to facilitate my plan and my healing | | |
| I Reviewed | My water intake | | |
| I Reviewed | My menu | | |
| I Reviewed | My breathing exercises | | |
| I Reviewed | My life-giving sun exposure (except when contraindicated) | | |
| I Reviewed | Massaging the acupressure points | | |
| I Recommitted | To regaining and maintaining my health for the rest of my life | | |
| I Recommitted | To Robert's <i>Helping Candida, By The Book</i> book | | |
| I Recommitted | To taking the necessary supplements to facilitate a non-inflammatory lifestyle | | |
| I Recommitted | To my water intake | | |
| I Recommitted | To following my menu | | |
| I Recommitted | To doing my breathing exercises | | |
| I Recommitted | To life-giving sun exposure (except when contraindicated) | | |
| I Recommitted | To massaging the acupressure points | | |

What is Candida?

Candida is a group of organisms (yeast) found naturally on the skin and in the mucous membranes, intestines, and vagina. There are many species of Candida; however, *Candida albicans* is the one we are concerned with.

When kept to minimal amounts, there is no reason for concern. It is when there is a **yeast overgrowth** that the problems begin.

The severity of the problems can range from mild to a full-blown systemic invasion.

This yeast overgrowth is actually a yeast (fungal) infection. A *Candida albicans* yeast infection is called Candida, Candidiasis, or thrush when it manifests in the mouth. When other health conditions are implicated, it becomes Candida-Related Complex (CRC).

As an opportunistic yeast, Candida infiltrates when defenses are down, i.e., when immunity is low, when good intestinal bacteria are scarce, or when the gut is inflamed and leaky.

Candida albicans moves through the body effortlessly, and it can also cross the blood-brain barrier to inflame the brain. This brain inflammation can lead to mild, temporary memory loss – a possible explanation for those forgetful moments that seem to appear at random.

In 2019, Baylor College of Medicine researchers in the U.S. learned that Candida yeast can produce granuloma-like structures that are similar to Alzheimer's plaques found in the brain. While testing mice in the study, researchers observed that Candida yeast infection could be cleared in as few as 10 days, though brain inflammation lasted for 21.

Source:

Yifan Wu, Shuqi Du, Jennifer L. Johnson, Hui-Ying Tung, Cameron T. Landers, Yuwei Liu, Brittany G. Seman, Robert T. Wheeler, Mauro Costa-Mattioli, Farrah Kheradmand, Hui Zheng, David B. Corry. Microglia and amyloid precursor protein coordinate control of transient Candida cerebritis with memory deficits. *Nature Communications*, 2019; 10 (1) DOI: 10.1038/s41467-018-07991-4.



Who is susceptible to Candida?

Unfortunately, Candida is an equal opportunity yeast. It can affect men, women, teenagers, kids, and even infants.

Millions worldwide struggle with Candida.

With so many cases of Candida, there must be a myriad of factors spurring this epidemic, including:

- **Being infected with parasites**
- **Consuming a diet containing sugar and starchy carbohydrates**
- **Exposure to chemicals/molds**
- **Having a compromised immune system**
- **Having dental fillings containing mercury**
- **Living with too much stress**
- **Undergoing invasive medical procedures**
- **Use of prescription drugs (antibiotics)**

Sugary and processed foods, starchy carbohydrates, and even fruit, with the exception of avocados and berries, must all be eliminated until Candida is under control. Making these changes is especially important in cases of diabetes; glucose concentration has a direct relationship to Candida growth and may be the cause of frequent yeast infections seen in uncontrolled diabetics.



Source:

Carey IM, Critchley JA, DeWilde S, Harris T, Hosking FJ, Cook DG. Risk of Infection in Type 1 and Type 2 Diabetes Compared With the General Population: A Matched Cohort Study. *Diabetes Care*. 2018 Mar;41(3):513-521. doi: 10.2337/dc17-2131. Epub 2018 Jan 12.

Candida signs and symptoms

The signs and symptoms of Candida are almost endless and may include:

- Allergies
- Arthritis
- Bloating after eating
- Brain fog
- Depression
- Fatigue
- Frequent urination
- Food intolerances
- Gas
- Headaches
- Impotence
- Indigestion
- Muscle and joint pain
- Poor mental health/mental illness
- Sugar cravings
- Weight gain
- Yeast infection



In a 2018 *MBio* report, Swedish researchers learned that Candida can spread quickly to cause deadly and systemic diseases when internal barriers fail. Systemic fungal infection can lead to life-threatening sepsis, with *Candida albicans* being a common cause of sepsis and the most common fungal pathogen.

There are more risks associated with Candida, beyond sepsis. Dementia is one of them. Candida can also cause or has been linked to oral thrush, exhaustion and chronic fatigue, recurrent vaginal and urinary tract infections, digestive imbalances and bloating, nail and skin infections, sinus infections, severe allergies, anxiety and depression, mental illness, sugar cravings, and autoimmune disease.

Sources:

Alonso R, Pisa D, Marina AI, Morato E, Rábano A, Carrasco L. Fungal infection in patients with Alzheimer's disease. *J Alzheimers Dis*. 2014;41(1):301-11. doi: 10.3233/JAD-132681.

José Pedro Lopes, Marios Stylianou, Emelie Backman, Sandra Holmberg, Jana Jass, Rolf Claesson, Constantin F. Urban. Evasion of Immune Surveillance in Low Oxygen Environments Enhances *Candida albicans* Virulence. *mBio*, 2018; 9 (6) DOI: 10.1128/mBio.02120-18.

Candida treatment plan

The standard conventional treatment for Candida involves the use of prescription drugs.

In addition to causing countless side effects, Candida drugs may not even work and can actually make the Candida worse.

A safer, more effective course of treatment for Candida is multi-faceted and requires commitment and diligence. This treatment plan involves:

1. Eliminating the infection.
2. Strengthening the immune system.
3. Eating the appropriate diet.



In order to follow this treatment plan and accomplish its goals, you must:

- Take the appropriate high quality supplements (discussed on page 19).
- Implement the Candida Elimination Diet.

It's most important to control Candida overgrowth before antifungal drugs or antibiotics are ever needed. Candida yeast is within the yeast and mold group, which is also where antibiotics come from. It makes sense that Candida can become naturally immune to antibiotics over time.

Both candidiasis and diarrhea have been associated with taking what we now know to be commonly over-prescribed antibiotics, like amoxicillin and amoxicillin-clavulanic acid. Systematic reviews of dozens of studies show that the detrimental side effects of antibiotic use are likely underreported.

Source:

M. Gillies, A. Ranakusuma, T. Hoffmann, S. Thorning, T. McGuire, P. Glasziou, C. Del Mar. Common harms from amoxicillin: a systematic review and meta-analysis of randomized placebo-controlled trials for any indication. *Canadian Medical Association Journal*, 2014; DOI: 10.1503/cmaj.140848.

The Candida Elimination Diet

The importance of the Candida Elimination Diet cannot be underestimated.

There are many foods that contribute to the overgrowth of yeast. There is often controversy and debate over which foods are allowed and which are not.

These are the foods that generally lead to the chronic inflammation that perpetuates Candida:

- **Sugar!** Candida feeds, survives, and thrives on sugar above all else. Sugar also suppresses your friendly bacteria and immune system. Sugar must without fail, be avoided. This includes **anything** with sugar. There are the obvious sources of sugar, e.g., soda, candy, table sugar, etc. Less obvious sources are artificial sweeteners, honey, high fructose corn syrup (HFCS), and all starchy carbohydrates.
- **Fruit.** Even though fruit is healthy and nutritious, it is high in natural sugars and can greatly compromise your recovery. Until the Candida is under control, no fruit, fruit juice, or fruit sweetened foods should be eaten, except dark-skinned fruits such as avocados and dark berries.
- **Grains.** Grains, especially those containing gluten, are a no-no.
- **Dairy products.** They contain lactose (milk sugar).
- **Yeast.** Any foods containing yeast will only contribute to the problem.
- **Fermented beverages and foods.** This includes beer, certain hard liquors, wine, vinegar, etc.
- **Dried herbs.** Dried herbs may be a source of mold; other sources of mold may include coffee and tea.



Now I know what I can't eat, so what CAN I eat?

- Non-starchy, low-carbohydrate vegetables (including salads)
- Most nuts, seeds, and oils (no peanuts or pistachios)
- “Alternative” grains, which are actually seeds, can be eaten in moderation: quinoa, millet, amaranth, and buckwheat (gluten-free)
- Fresh herbs

Small amounts of the following foods may be eaten in the beginning of the diet if no reaction occurs:

- Beans/legumes
- Artichokes
- Avocados
- Sweet potatoes
- Eggplant

This diet must be strictly adhered to for a minimum of three weeks. After three weeks, healthy, non-inflammatory foods can be reintroduced one at a time to see if a reaction occurs.



The Western Un-Natural Food Diet

A diet which will definitely hinder one's recovery from Candida is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle choices can perpetuate Candida.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all too common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from Candida.

These missing foods include:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)



A Candida cure? Turpentine as an alternative treatment

Yes, you read that right. According to Dr. Jennifer Daniels, a leading Alternative Healing Physician in the U.S. turpentine can be used as an alternative therapy to treat the lifestyle disease that is Candida. Turpentine is made from distilled oil extracted from pine resin.

Dr. Daniels discovered when reading historical accounts that African slaves in America in the early 1800s used a powerful herbal remedy that was seen as a miracle cure of the time. After further personal research, she discovered that it was none other than turpentine and sugar. Although sugar must be avoided on the Candida Elimination Diet, turpentine taken with sugar uses sugar as "bait."

Sugar will attract Candida so that it can be killed by turpentine.

Dr. Daniels tested the remedy on herself and saw noticeable results. She qualifies that turpentine as an alternative Candida treatment must be used along with cleansing, strengthening the immune system, and dietary changes to treat the condition.

The maximum recommended dose of turpentine in this treatment regimen is 1 teaspoon per day if you weigh from 40-240 pounds.

Those that weigh over 240 pounds may suffer from an even greater Candida infection and should use a **smaller dose** of ½ teaspoon per day to promote Candida die-off. Once this dose is tolerated, dosage can increase to 1 teaspoon per day.

Source:

"Candida Cleaner." Dr. Jennifer Daniels, MD/MBA. 2006.

How to use turpentine to treat Candida

- Only use turpentine labeled 100% Pure Gum Spirits of Turpentine.
- Take 1 teaspoon of turpentine in the morning or 2 hours before bed.
- Take turpentine with or without food.
- Stack 3 sugar cubes on top of one another measuring 1 cm or smaller on each side; avoid using sugar cubes that are too large to prevent turpentine overdose.
- Drip 1 teaspoon turpentine on the top sugar cube; allow turpentine to drip until it reaches the bottom cube.
- Chew top sugar cube 3 times and drink water to cleanse.
- Repeat the process with second and third sugar cubes.



Use 1 teaspoon of turpentine two times per week based on the instructions above. This alternative therapy must be coupled with the Candida Rehabilitation Plan for the best results.

Using turpentine as a Candida treatment is an entirely personal decision. Commercially packaged turpentine will have warning labels that may indicate birth defects or potential fatality if swallowed. However, 100% Pure Gum Spirits of Turpentine can be used as an internal Candida remedy when the instructions above are followed carefully.

Can I reverse Candida?

I do not believe it is appropriate to use the term “cure” for Candida since most cases are brought on by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x 500ml (16oz) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

... regenerate with healthy lifestyle and nutrients ...



The nutrients you need

Studies show the following nutrients will help prevent or control Candida in most people:

- **Powerful protease enzymes:** Help the immune system to fight infections.
- **SerraEnzyme serrapeptase:** Contains the serrapeptase enzyme to provide powerful support for unhealthy inflammation and to revitalize the digestive system.
- **Probiotics:** Renew the gut and create a healthy balance among good/bad bacteria.
- **Curcumin:** Offers natural anti-inflammatory properties and is a known antioxidant that can neutralize free radicals.
- **Nascent iodine:** Needed to support the immune system and boost energy.
- **Vitamin C, vitamin D3, selenium, and zinc:** Protect against infection, balance the immune system, and produce strong, healthy cells.
- **Multivitamins/minerals:** Full spectrum multivitamin/mineral, which you should already be taking daily.
- **Cinnamon:** Provides potent antifungal protection; can be used to help regulate blood sugar and return hormones to healthy levels.



Why doesn't my doctor tell me I can get better?

The Non-Inflammatory Lifestyle Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Non-Inflammatory Lifestyle Program will show results within 30 days.



The Candida Rehabilitation Plan

Your 10 steps to a healthy future

The following protocol works for any type of Candida condition, to some extent.

| | | | |
|---|---|--|---|
|  | <p>1 Clearing inflammation and promoting healing.</p> | <p>Eating Really Healthy Foods.</p> |  |
|  | <p>2 Strengthening your immune system.</p> | <p>Walking and moving daily.</p> |  |
|  | <p>3 Taking nutrients missing from food in supplement form.</p> | <p>Breathing properly.</p> |  |
|  | <p>4 Drinking enough water.</p> | <p>Stimulating acupressure points.</p> |  |
|  | <p>5 Avoiding un-natural/junk foods.</p> | <p>Getting out into the sun as much as possible.</p> |  |

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their symptoms to some degree, and in many cases completely.

For details of the following suggested formulas, turn **page 30**.

1. Clearing inflammation and promoting healing

Candida-Fungal Health - Essential Pack

- **Protease**: Provides super-powerful protease enzymes. Take 3 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief. *(Enzymes should never be taken with food.)*
- **SerraEnzyme 250,000IU**: Supplies SerraEnzyme serrapeptase to clear unhealthy inflammation and revitalize your digestive system. Take 2 capsule x 3 times per day with the protease capsules. *(Enzymes should never be taken with food.)*
- **Prescript-Biotics™**: Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 2 capsules x 2 times per day.
- **CurcuminX4000™**: Offers all the powerful benefits of curcumin in one capsule. Each Curcuminx4000™ capsule contains 200mg of highly effective curcumin phytosome that can support the body’s natural anti-inflammatory response, along with various other health benefits. Take 3 capsules x 1 time per day.



2. Boosting the immune system

Candida-Fungal Health - Ultimate Pack

- **Protease:** Provides super-powerful protease enzymes. Take 3 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief. *(Enzymes should never be taken with food.)*
- **SerraEnzyme 250,000IU:** Supplies SerraEnzyme serrapeptase to clear unhealthy inflammation and revitalize your digestive system. Take 2 capsule x 3 times per day with the protease capsules. *(Enzymes should never be taken with food.)*
- **Prescript-Biotics™:** Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Take 2 capsules x 2 times per day.
- **CurcuminX4000™:** Offers all the powerful benefits of curcumin in one capsule. Each Curcuminx4000™ capsule contains 200mg of highly effective curcumin phytosome that can support the body's natural anti-inflammatory response, along with various other health benefits. Take 3 capsules x 1 time per day.
- **Nascent Iodine:** Essential for a completely healthy body. Take 1-3 drops x 2 times per day in 20 ml of water, swish around the mouth for 30 seconds before swallowing.
- **D.I.P. Daily Immune Protection:** Protects against infections and maintains a balanced immune system. Take 3 capsules x 1 time per day.
- **Active Life™:** All-in-one blend of 130 nutrients including approximately 75 plant-derived minerals, 12 vitamins, and 3 other nutrients to help replenish storages in your body that are naturally depleted each day. Take 3 capsules x 2 times per day.
- **Cinnamon 27™:** Can support and regulate blood sugar levels, may offer relief for diabetes type 2 symptoms, and provides potent antifungal protection. Contains ceylon cinnamon, along with six proven extracts and minerals including American ginseng, bitter melon, chromium, fenugreek, gymneme sylvestre, and nopa. Take 3 capsules x 3 times per day.



Click
for more
details

3. Supplementing missing nutrients

Optional nutrients - but suggested for the first 1 to 2 months at least

1st Line Immune Support: To clear any infection that may reside in the cells. In severe cases, take 1st Line at least 90 minutes after food and 90 minutes before food, approximately. Clears any infections that may reside in the cells. *Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum. In serious conditions, 10 kits over 10 days are better if finances allow.*



Click
for more
details

GlycoBoost: Supports the growth of beneficial gut bacteria and promotes healing in the digestive tract. It also supports cognitive senses, health joints and mobility, muscle movements, skin, and memory and promotes better sleep – amongst other benefits.



Click
for more
details

4. Drinking more water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



5. Cutting out un-natural foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and cow's milk products.



6. Eating Really Healthy Foods

****Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stirfried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time superfood with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All Candida issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include hemp, omega-3, or krill oil and other healthy oils like olive oil and coconut oil.



As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of sea or rock salt daily in food or a little water. Sea or rock salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

Which vegetables to eat

Not all vegetables listed are available in every country.

- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Which fruits to eat

Note: Not all fruits listed are available in every country.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)

The Garden of Eden Pyramid



7. Walking and moving daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and health will balance perfectly.

Movement is a vital part of your recovery plan.



8. Learning proper breathing

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. **Anxious breathing: In the chest.**
2. **Relaxed breathing: In the diaphragm or stomach area.**



The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on breathing lessons at GoodHealthHelpDesk.com.



9. Stimulating acupressure points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 35**.



10. Getting out into the sun as much as possible

A critical vitamin for a healthy body is vitamin D3. There is a large dose of this in the important supplement I recommend on **page 32**, but it is still important to still get some vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



Recommendations for sun exposure:

A: Expose as much skin as you can to the sun each day, such as on your morning walk.

B: Build up your sun exposure gradually from spring to summer seasons.

C: Try to stay out of the sun in midday without a cover-up; a cover-up is preferred to sunscreen.

D: If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.

E: It's important to remember that the sun is your friend and sunshine can be enjoyed in moderation!

More about clearing inflammation and promoting healing

Protease

Protease digests proteins in food, making it one of the most important enzymes that we have. Without it, the digestive process is incomplete, and undigested protein can end up in the circulatory system or in other parts of the body.

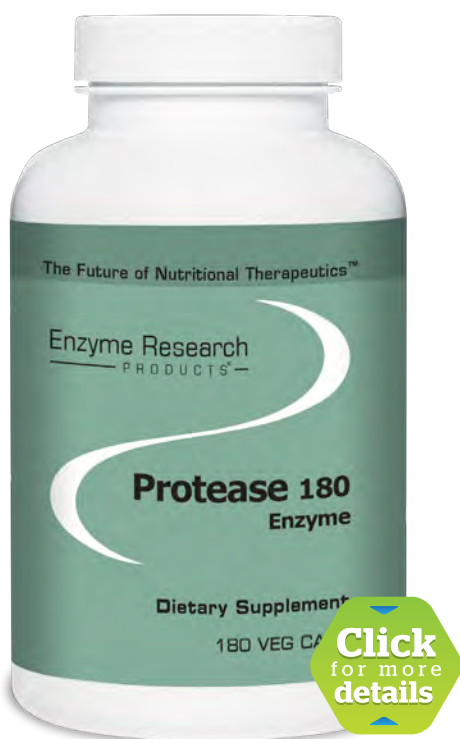
In this way, Protease may assist the immune system in cases of Candida. Since invading organisms can wrap themselves in a protective protein shell, Protease could help digest this shell and expose any organism to the body's immune activity.

Ingredients:

- Protease - 380,000 HUT
- Calcium - 80 mg

Dosage:

Take 3 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.



SerraEnzyme 250,000IU

SerraEnzyme™ contains 250,000IU of serrapeptase that can provide powerful support for reducing inflammation, accelerated healing, and helping the body to remove accumulated acid and waste products from the joints and arteries.

Serra Enzyme™ 250,000IU maximum strength is the serrapeptase enzyme that helps to prevent and remove dead tissue and unhealthy inflammation, allowing the body's naturally healthy processes to function.

Ingredients:

- Serrapeptase - 250,000IU

Dosage:

Take 2 capsule x 2 times per day with the protease capsules.



Prescript-Biotics™

Prescript-Biotics™ contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy “bugs” to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. Prescript Probiotics’ powerful, soil-based microflora may benefit brain health, mood, and energy levels.

Ingredients:

- *Bifidobacterium Bifidum*, *B. Lichenformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)

Other ingredients:

- Hypromellose (Veggie Cap)

Dosage:

Take 2 x 2 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



CurcuminX4000™

CurcuminX4000™ is a unique formulation that uses Meriva® (root) Curcuma longa extract to significantly improve its absorption. Meriva® is the most clinically studied curcumin on the market that provides patent-sustained release technology for long-lasting effectiveness.

Curcuminx4000™’s bioavailability is backed by clinical studies, and its natural anti-inflammatory properties mean that it can provide relief for a range of health concerns and everyday inflammations triggered by various lifestyle factors. This includes support for cardiovascular health, liver function, joint pain, and many other symptoms related to Candida.

Ingredients:

- Meriva® (root) Curcuma longa extract – 600 mg

Dosage:

Take 3 capsules once daily with food.



Sources:

Cuomo J. et al., “Comparative absorption of a standardized curcuminoid mixture and its lecithin formulation.”, *J Nat Prod.* 2011 Mar 17.

Marczylo T.H. et al., “Comparison of systemic availability of curcumin with that of curcumin formulated with phosphatidylcholine.”, *Cancer Chemother. Pharmacol.* 2007, 60 (2), 171-7..

More about immune-strengthening formulations

Nascent Iodine

Nascent Iodine is iodine in its atomic form, rather than its molecular form. Nascent Iodine is a totally different form of iodine from its denser state where it is sold as an antiseptic. All the cells in your body contain and make use of iodine. It is concentrated in the glandular system of the body, with your thyroid containing the highest amount compared to any other organ.

Nascent Iodine supports the thyroid and the immune system, as well as regulating the metabolism.

Ingredients:

- Iodine (in its atomic form) – 350 mcg

Dosage:

Take 1-3 drops x 2 times per day in 20 ml of water, swish around the mouth for 30 seconds before swallowing.



D.I.P. Daily Immune Protection

D.I.P. protects against infection and maintains a balanced immune system. It contains EpicCor®, exSelen™ selenium, and a strong dose of vitamin D3 to protect against infections; support strong, healthy cells; and provide an immune response to allergens.

Ingredients:

- EpiCor® - 500 mg
- ExSelen (2% Selenium) - 100 mcg
- Vitamin D3 (Cholecalciferol) - 500 IU
- Vitamin C (Ascorbic Acid) - 60 mg
- OptiZinc 20% - 21 mg
- Dimethylglycine HCL - 250 mg
- Immune Assist - Micron Powder - 80 mg
- Larch Arabinogalactan Powder - 600 mg
- Beta Glucan 1,3 1,6 (Glucan 85%) - 90 mg
- Elderberry Fruit Extract 4:1 - 200 mg

Dosage:

Take 3 capsules once daily with food.



Active Life™ Capsules

Active Life™ Capsules is an all-natural source of vitamins, minerals, and other nutrients designed to support a modern lifestyle. Active Life™ can maintain the health of the immune system and has all of the essential vitamins and minerals, including selenium and chromium. This supplement contains 130 minerals, 12 vitamins, and 3 other nutrients that can help replenish storages in your body that are naturally depleted each day.

| Ingredients: | Amount /Serving | %DV |
|--|-----------------|--------|
| Vitamin A (Palmitate/10% Beta-Carotene) | 5000IU | 100% |
| Vitamin C | 500mg | 833% |
| Calcium (from Calcium Citrate) | 120mg | 15% |
| Vitamin D3 (from Cholecalciferol) | 400IU | 100% |
| Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols) | 400IU | 1,333% |
| Vitamin K2 (K2 - Menaquinone) | 80mcg | 100% |
| Vitamin B1 (Thiamin) | 10mg | 666% |
| Vitamin B2 (Riboflavin) | 10mg | 588% |
| Niacin - Vitamin B3 (from Niacinamide) | 80 mg | 400% |
| Vitamin B6 (Pyridoxine Hydrochloride) | 10mg | 500% |
| Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***) | 800mcg | 200% |
| Vitamin B12 (Methylcobalamin) | 100mcg | 1,666% |
| Biotin | 300mcg | 100% |
| Vitamin B5 (from Pantothenic Acid) | 20mg | 200% |
| Iodine (from Potassium Iodide) | 150mcg | 100% |
| Magnesium (from Magnesium Citrate) | 60mg | 19% |
| Zinc (from L-OptiZinc®) | 25mg | 166% |
| Selenium (from Selenomethionine) | 200mg | 285% |
| Copper (from Copper Gluconate) | 2mg | 100% |
| Manganese (from Manganese Gluconate) | 4mg | 200% |
| Chromium (from Chromium Polynicotinate) | 120mcg | 100% |
| Molybdenum (from Molybdenum Citrate) | 75mcg | 100% |
| Chloride (from Fulvic Trace Minerals) | 16mcg | < 1% |
| Potassium (from Potassium Malate) | 216mg | 5% |
| Boron (from Boron Citrate) | 1mg | * |
| Strontium (from strontium Citrate) | 60mg | * |
| Aloe Vera Powder (200:1) | 2mg | * |
| Bilberry Extract 5:1 | 300mg | * |
| Choline Bitartrate | 25mg | * |
| Fulvic Trace Minerals | 200mg | * |
| Inositol | 40mg | * |
| Lutein (from Marigold flower - ZanMax®) | 20mg | * |
| Zeaxanthin (from Marigold flower - ZanMax®) | 4mg | * |
| L-Cysteine | 10mg | * |
| L-Glycine | 10mg | * |
| L-L-Taurine | 400mg | * |

* Daily Value not established
 ** L-OptiZinc® brand of zinc mono-L-methionine sulfate.
 *** This product uses Gnosis SpA's (6s)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

Dosage:

Adults and children over age 12 - Take up to 3 capsules, twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.



Cinnamon27™

Cinnamon27™ contains a blend of cinnamon with effective botanical extracts and essential minerals to support blood sugar regulation and the normal utilisation of hormones. With known antifungal, antibacterial, and anti-inflammatory properties, cinnamon could cause Candida die-off. Cinnamon may also help prevent Candida overgrowth by controlling spikes in blood sugar. Suitable for use with both high-risk pre-diabetics and diabetics.

Derived from ceylon bark extract, ceylon cinnamon is a high-quality cinnamon that contains fewer coumarin compounds when compared with cassia cinnamon. Ceylon cinnamon has been shown in several studies to reduce fasting blood sugar levels within several months of use.

Ingredients:

- Chromium (as Chromium Picolinate) - 300 mcg
- Cinnamon Bark Extract (Ceylon) - 675 mg
- Nopal Cactus Extract (from Cacti-Nea) - 2 gm
- Proprietary BlendProprietary Blend - 523 mg
Cinnamon powder, Gymnema sylvestra extract, Bitter melon extract, Fenugreek seed extract, American Ginseng root extract.

Dosage:

Take 3 capsules 3 times daily.

Source:

Hamidpour R, Hamidpour M, Hamidpour S, Shahlari M. Cinnamon from the selection of traditional applications to its novel effects on the inhibition of angiogenesis in cancer cells and prevention of Alzheimer's disease, and a series of functions such as antioxidant, anticholesterol, antidiabetes, antibacterial, antifungal, nematicidal, acaracidal, and repellent activities. *J Tradit Complement Med.* 2015;5(2):66–70. Published 2015 Jan 16. doi:10.1016/j.jtcme.2014.11.008.

Ranasinghe P, Perera S, Gunatilake M, et al. Effects of *Cinnamomum zeylanicum* (Ceylon cinnamon) on blood glucose and lipids in a diabetic and healthy rat model. *Pharmacognosy Res.* 2012;4(2):73–79. doi:10.4103/0974-8490.94719.



More about missing/optional nutrients

1st Line Kit

1st Line is an all-natural product designed to fight against many types of infections, including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink, which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses.

1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st Line is safe and easy to use.

Ingredients:

- Sodium Thiocyanate - 100ppm
- Sodium Hypothiocyanite - 60ppm

Dosage:

Take 1 kit daily for 3 days (total of 3). Always take at least 90 minutes before and after food.



GlycoBoost

GlycoBoost supplies glyconutrients and L-glutamine. This delivers a super-nutrient formula with a full range of polysaccharides — natural plant sugars that store energy within your cells and then release it as needed.

GlycoBoost supports the growth of beneficial gut bacteria and promotes healing in the digestive tract. It also supports cognitive senses, health joints and mobility, muscle movements, skin, and memory and promotes better sleep, amongst other benefits.

Ingredients:

- Proprietary Blend – 3.56gm
- L-Glutamine Powder
- Aloe Vera Whole Leaf Powder Extract

Dosage:

Take 1 scoop daily.



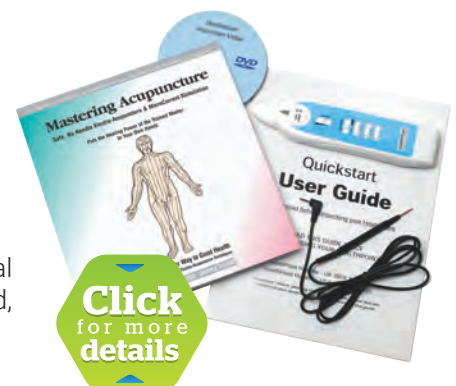
More about acupressure

Stimulating the points in page 0.2 of the book **Mastering Acupuncture** will help to balance the general health system.

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

For those suffering from brain fog and fatigue, the points on pages 8.14 and 8.15 are very effective.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.



In conclusion:

The Non-Inflammatory Lifestyle Program is a complete program, one designed to address all aspects of what is required to prevent or control your Candida.

Candida is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Non-Inflammatory Lifestyle Program is structured for those patients struggling to prevent or control their Candida, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Non-Inflammatory Lifestyle Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Non-Inflammatory Lifestyle Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake... Your life is worth it.

Robert Redfern, Your Health Coach

Email robert@goodhealth.nu
www.MyGoodHealthClub.com
 for step by step coaching and support.

Sample Daily Candida Rehabilitation Plan

| | TIME | ACTION | AMOUNT |
|--------------|--------------------------------|--------------------------------|---|
| OPTIONAL | Any time of the day | 1st Line Kit | Take 1 kit daily for 3 days. It should be taken 90 minutes before and 90 minutes after food, approximately. |
| | With food | GlycoBoost | Take 1 scoop daily and mix with water, juice, yoghurt, or applesauce. |
| BREAKFAST | 30 minutes before breakfast | Protease* | Take 3 capsules. |
| | 30 minutes before breakfast | SerraEnzyme 250,000IU* | Take 2 capsules. |
| | 30 minutes before breakfast | Prescript-Biotics™ | Take 2 capsules. |
| | 30 minutes before breakfast | Nascent Iodine Drops | Take 1-3 drops in a half ounce of water. |
| | With breakfast | Cinnamon27™ | Take 3 capsules. |
| | With breakfast | D.I.P. Daily Immune Protection | Take 3 capsules. |
| | After breakfast | Active Life™ | Take 3 capsules. |
| LUNCH | 30 minutes before lunch | Protease* | Take 3 capsules. |
| | 30 minutes before lunch | SerraEnzyme 250,000IU* | Take 2 capsules. |
| | With lunch | Prescript-Biotics™ | Take 2 capsules. |
| | With lunch | Cinnamon27™ | Take 3 capsules. |
| | With lunch | CurcuminX4000™ | Take 3 capsules. |
| EVENING MEAL | 30 minutes before evening meal | Protease* | Take 3 capsules. |
| | 30 minutes before evening meal | SerraEnzyme 250,000IU* | Take 2 capsules. |
| | 30 minutes before evening meal | Nascent Iodine Drops | Take 1-3 drops in a half ounce of water. |
| | Before evening meal | Cinnamon27™ | Take 3 capsules. |
| | After evening meal | Active Life™ | Take 3 capsules. |

*SerraEnzyme 250,000IU and Protease must be taken around 30 minutes before a meal and can be taken together. Never with food!

[illegible]

All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
 Helping Arterial-Vascular Disease, By The Book
 Helping Asbestosis, By The Book
 Helping Bronchiectasis, By The Book
 Helping Bronchitis, By The Book
 Helping Cancer, By The Book
 Helping Candida, By The Book
 Helping Chronic Cough, By The Book
 Helping COPD, By The Book
 Helping Cystic Fibrosis, By The Book
 Helping Diabetes Type 2, By The Book
 Helping Emphysema, By The Book
 Helping Endometriosis & Fibroids, By The Book
 Helping Eye Disease, By The Book
 Helping Fertility, By The Book
 Helping Fibromyalgia & Chronic Fatigue, By The Book
 Helping Fibrosis, By The Book
 Helping Heart Disease, By The Book
 Helping High Blood Pressure, By The Book
 Helping Kidney Health, By The Book
 Helping Lung Health, By The Book
 Helping Lupus, By The Book
 Helping Men's Health, By The Book
 Helping Multiple Sclerosis, By The Book
 Helping Osteoporosis, By The Book
 Helping Pneumoconiosis, By The Book
 Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book
 Helping Stroke, By The Book
 One Missing Mineral Can Transform Your Health: Iodine
 The HealthPoint™ Facelift: The Anti-Aging Secret
 The Magnesium Manual (The Forgotten Mineral)
 The Secret To Good Gut Health

Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.com

Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on Candida into an easy-to-follow Candida Rehabilitation Plan that everyone can use for improved health.



We received a testimonial from a woman who told us about her improved Candida condition thanks to following Robert's advice:

"Two days after I took the iodine as recommended by yourself in the Candida Health Plan, I felt more energy. Also, my fatigue is improving. I used to be down in bed with Chronic Fatigue and feeling exhausted all of the time. I have an alternative medical doctor that has helped some over the years. But not as much as following your health plan has in just two weeks!"

- Riet O.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

- **Hashimoto's thyroiditis**
- **Juvenile arthritis**
- **Lupus**
- **Lyme disease**
- **Motor neurone disease**
- **Multiple sclerosis**
- **Rheumatoid arthritis**
- **Psoriatic arthritis**
- **And much more**



ISBN 978-1-910521-88-5



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